



UNIVERSITY OF
FLORIDA

EXTENSION

Institute of Food and Agricultural Sciences

Consumer Highlights



SANTA ROSA COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

FEBRUARY 2004

Top 10 Ways to Outsmart the "Super" Marketers

Top 10 ways to Outsmart the "Super"	1	#1 You better shop around Love cheese? Look carefully in three places in your store for the same product -- all with different prices. The dairy case will usually have staple cheeses such as cheddar, Swiss and Monterey Jack, prepackaged at the lowest price. The deli and cheese tables may have the exact same products, but you'll pay more. Know what you want, and shop all three areas for the best price.
Highway Health: Cruising for Accurate Infor-	3	
The Ten Worst Shopping Days	5	
Valentine Food For Thought	6	
Valentine Symbols	6	
Recipes	7	
Gardener's Corner	8	#2 Pay attention to package sizes Does "10% More Free" get you to buy extra product? Don't think that little extra

isn't built into the price already! So when you see the "extra free" label, make sure it's not the same size package with a special label.

#3 Don't be fooled by "New and Improved" it can mean the product has just come out or has been made better -- or it can mean a new color, new flavor, or just a tweak in the formula. There is no word more coveted than "new" for a product on the supermarket shelf. The government knows this, so it limits use of the word on labels and packaging to six months. You probably won't be able to tell if the "New and Improved" label is true, unless you can find an old one to compare it

with. Check the ingredients and the nutritional data.

#4 Check the calories. Are you buying those expensive no-fat products but gaining weight? You've switched to frozen dinners with hardly any fat and eat only no-fat cookies, but your weight hasn't changed? You are not alone. Remember that fat, besides delivering terrific texture for a product, is also a bulking agent. Taking out the fat requires replacing it with another bulking agent. A lot of the time, it's sugar! Check out the ingredients and calorie

counts; you might be surprised. You might be better off eating smaller portions of the "regular" version.

#5 Don't trust "tastes great!" claims "Tastes great" or "improved flavor" claims always make me ask, "according to whom?" You should ask the same question before you switch brands and buy. This is one of those marketing slogans that drives me nuts! If it tasted so bad before, why should I believe you now? The average package in the supermarket has about one-seventeenth of a second to attract our attention, so the manufacturer will try anything to stop us and make us look, pick up the product, and put it in our cart.

#6 Read the nutritional label (not the brand.) Healthy Choice brand started it, and everyone else followed. Now there are dozens of brands containing the word "healthy." Under new label regulations, brands and products can't incorporate the word healthy into their brand name. But the brands that were on the

shelves before the regulations were enacted are "grandfathered" and can continue to use the word. Some brands are more healthful than others. Always read both the nutritional label and the ingredients list, and judge for yourself how healthful the product is.

#7 Think twice about rebates Less than 6 percent of shoppers ever redeem rebates or mail-in offers. But they're a great incentive to buy a product we usually don't or to purchase multiple packages to comply with the offer. Before you put the products in your cart, decide that you really will redeem the offer.

#8 Enter contests without buying the product Winning a free trip to Hawaii is especially appealing midwinter. And even though the package says in very small type that you don't have to buy the product to enter, you feel your chances have to be better if you do. Wrong! State regulations on contests are very strict and prohibit companies from showing a preference toward purchasers. If the contest appeals to you, but the

product doesn't, don't buy it. But do enter the contest. Your chances are just as good, and you haven't bought a product you'll never use.

#9 Don't believe the scanner Do you relax when you see a sign at the checkout that says, "We guarantee our scanner price is correct or you get the product free"? Well, don't. While systems are getting a lot better, many errors still occur at the checkout.

#10 Don't shop when you're hungry Don't go shopping when you're hungry or cranky or in a bad mood! Our supermarkets are getting better and fresher all the time, so when we walk in, we are bombarded with great colors, tastes and smells. Eat first, shop later.



Highway to Health: Cruising For Accurate Information On The Web

In late 2000, *Food Insight* published a story entitled "Navigating for Health: Finding Accurate Information on the Internet." After three years, has anything changed? Well, *Food Insight* took a look and here's what we found...

What's changed?

How Internet users find and evaluate nutrition and food safety information has not changed significantly the last three years. The rate of Internet usage continues to increase worldwide and more and more people are turning to the Internet for nutrition and health related information. According to a survey compiled by Nua Internet Surveys (<http://www.nua.com/surveys/>), a leading resource for Internet trends and statistics, as of September 2002, there were 605.6 million Internet users worldwide, up from 377.6 million in September 2000, with 182.6 million in North America alone, up from 148 million in September 2000.

With so many users, how are these millions of information seekers finding food and health information on the Internet, and more importantly, how can the good information be separated from the bad, and, in some cases, dangerous, information?

How are people finding information?

Even though Internet users today are more knowledgeable and sophisticated, most search for information at the major Internet search engines and directories. There are many different Internet search engines and directories and everyone has a favorite. Each search engine and directory compiles its information in completely different ways. **search engines** (e.g. Google) will "crawl" or "spider" the Web automatically for pages that match the search terms, which are then indexed or catalogued.

Search engines base their findings on key words placed in Web pages. If changes are made, search engines will eventually find these changes, but the changes may affect how the Web pages are listed. Some search engines use link popularity as part of their ranking method, which means that the more external links there are to a site, the higher the page will appear in the search results. **Directories** (e.g. Look Smart) depend on people to maintain their listings. A Web site is submitted with its URL and a description of the site and editors evaluate the contents. The reviewed Web sites are then placed in subject categories or sub-categories in the directory. Changes to the Web pages will not affect their listing in directories, but a site with accurate and trustworthy content may have a better chance of getting reviewed than a less credible site. In addition, there are also **hybrid search engines**; directories that can also be searched using keywords; and meta search engines that scan many different directories and search engines in one search.

A new trend with both search engines and directories is the purchase of listings. Search engines and directories now offer Web site owners the opportunity to pay a fee in return for a listing in a better position in its search results listing and, in some cases, even a guaranteed top position. Should searchers be wary of purchased placements? Not necessarily, but as always, searchers should review each site with a critical eye.

According to a February 2003 survey by Nielsen//Net Ratings (<http://www.nielsen-netratings.com>), one of the leading Internet and digital media audience information and analysis services, the top five Internet search engines in the United States are:

- Google
- Yahoo!
- MSN
- AOL
- Ask Jeeves

Background on these search engines

Google (www.google.com) - Google is one of the largest search engines on the Internet with more than 3 billion searchable pages. Ranking of results is based on page popularity measured in links from other pages.

Yahoo! (Yahoo.com)—Yahoo! is the Web's oldest directory. In late 2002, Yahoo! Began using Google's search engine to generate its main results, but Yahoo!'s search results pages still show categories that link to Web sites that have been reviewed and approved by an editor.

MSN: (msn.com)—MSN is a hybrid search engine. MSN has a team of editors who monitor the most popular searches being performed and determine sites believed to be the most relevant. MSN also uses search results from the human-powered LookSmart (www.looksmart.com) directory. For more obscure queries, it uses crawler-based results from Inktomi (www.inktomi.com). **AOL: (<http://search.aol.com/>)** - AOL Search is a search engine that provides users with editorial listings from Google. It is possible that the same search on Google and AOL Search will come up with very similar matches. The AOL Search primarily is used by AOL subscribers.

Ask Jeeves: (www.ask.com) - Ask Jeeves is a hybrid search engine that allows the user to ask a question using "natural language" and then deliver Web pages that answer that question. If Ask Jeeves cannot find an answer within its own database, it will provide matching Web pages from other search engines.

The best way to search the Internet for nutrition and health information is to use the advanced search feature. In fact, some of the major search engines have health sub-sections. Some advanced search engines are better than others but this is one way to navigate through mountains of potentially irrelevant information.

Now Where Do I Go?

So you've searched a number of the major search engines and directories and you still can't find the health-related information you want. Try looking directly on food and health-related Web sites. A good starting point is the Medical Library Association (<http://mlanet.org>) which has developed a roster of Web sites with consumer health information. Some of these sites, as well as additional Web site resources, include:

Tufts University Nutrition Navigator (navigator.tufts.edu) — Tufts University Nutrition Navigator is the first on-line rating and review guide that solves the two major problems Web users have when seeking health and nutrition information: how to quickly find information best suited to their needs and whether to trust the information they find there. Sites are categorized by users and Tufts University nutritionists, who apply rating and evaluation criteria developed by the Tufts University Nutrition Navigator Advisory Board, a prestigious panel of leading U.S. and Canadian nutrition experts, who review all nutrition-related Web sites. Site reviews are updated quarterly to ensure that ratings take into account the ever-changing Internet and nutrition environments.

MEDLINE: (medlineplus.gov) — Established by the National Library of Medicine, MEDLINE is a consumer oriented Web site that provides up-to-date, quality health information from the world's largest medical library. Through this Web site, users have access to consumer health information from the National Institutes of Health, view medical dictionaries, lists of hospitals and physicians, retrieve health information in Spanish and other languages, and locate clinical trials. Users will find an alphabetical list of "Health Topics" which provides descriptions of more than 600 specific diseases, conditions, and wellness issues. Each health topic provides links to authoritative topical information on a query as well as a link to a MEDLINE search that provides journal article citation. Users also will find resources such as

consumer health libraries, a collection of organizations providing health information, consumer health information from other nations, and links to resources beyond MEDLINE covering special topics.

Healthfinder®: (healthfinder.gov) — Healthfinder®, is an award-winning Web site, developed by the U.S. Department of Health and Human Services and other Federal agencies. Since 1997, Healthfinder® has been recognized as a key resource for finding the best government and nonprofit health and human services information on the Internet. Healthfinder® is a free gateway linking to carefully reviewed information and Web sites from more than 1,700 health-related organizations. Healthfinder® directs users to selected on-line publications, clearinghouses, databases, Web sites, and support and self-help groups, as well as the government agencies and not-for-profit organizations that disseminate reliable information for the public. The Healthfinder® project is coordinated by the Office of Disease Prevention and Health Promotion (ODPHP), with the active participation of a Steering Committee composed of Federal agency representatives including consumer health information specialists, librarians, and others actively engaged in the provision or use of on-line consumer health information. Significant support for the project is provided by the National Health Information Center

IFIC Foundation On-Line: (ific.org) — Ific.org is a general Web site for a variety of food safety and nutrition topics. The IFIC Foundation, a 501(c)(3) educational foundation, whose mission is to effectively communicate science-based information on health, nutrition, and food safety for the public good, has recently renovated its Web site. While providing the same high caliber, credible, science-based information on food safety, nutrition, and health, the redesigned web site has a friendly look and feel easier navigation, extensive search functions, prominent issue sections, easily identifiable information in Spanish, and has been favorably reviewed by select groups at

Tufts University and Florida International University. The majority of the IFIC Foundation's materials have been co-sponsored with other health-related organizations such as the March of Dimes (www.marchofdimes.com) and the American Academy of Family Physicians (<http://www.aafp.org>). In addition, extensive resources are listed at the end of many publications and users have easy access to an on-line glossary of more than 300 food and health-related terms. Users quickly can sign up to receive new and updated information via e-mail including the *Food Insight* newsletter.

Mayo Clinic: (www.mayoclinic.com) — The mission of the Mayo Clinic's Web site is to empower people to manage their health. This Web-based service provides useful and up-to-date information and tools that reflect the expertise and standard of excellence of the Mayo Clinic. A team of Web content producers, editors, multimedia and graphics producers, interactive developers, health educators, nurses, doctors, and scientists developed and maintain the site. Through this Web site, users have access to the experience and knowledge of the more than 2,000 physicians and scientists of Mayo Clinic. The site is owned by the Mayo Foundation for Medical Education and Research.

Whew! Now What?

The above search engines, directories and health-related sites can guide users to accurate information but users need to incorporate certain principles to be sure they are getting sound information. Having found thousands of documents, it's difficult to know what information is reliable and what is not. In its March 9, 2002 issue, the *British Medical Journal* (bmj.com) published the results of a qualitative study addressing how consumers search for and appraise health information on the Internet. This survey was conducted by the Department of Clinical Social Medicine at

the University of Heidelberg, Germany and concluded that further

studies are needed to design and evaluate educational and technological innovations for guiding consumers to high quality health information on the web. Since there is currently no Internet governing body or authority that reviews the quality of health information Web sites, users are on their own. So as Web users review the Internet-based food safety and nutrition information, they should keep in mind the following:

1. **Check the Source of the Information:** The Web sites of professional organizations such as the American Dietetic Association or government agencies such as the U.S. Food and Drug administration are more likely to have credible, reliable information than an unknown individual, group, or site focusing on a single-issue.
2. **Check the Dates:** Old news is not news. Unless Web sites continually are updated with the latest facts and findings, what you find may not be current. An indication of stale content is an error message stating that links followed do not work.
3. **Be Reasonable:** Users shouldn't believe everything they read. Maintain a healthy skepticism. Watch out for buzzwords like "poison," "toxic," and "conspiracy" or terms such as "miracle cure." Beware of the word "never." Science is rarely absolute. Think twice about advice to "never eat this" or "never do that."
4. **Be Cautious of Anecdotes:** One individual's personal story and word-of-mouth reporting does not qualify as scientific evidence. Is the information you found based on reports published in leading medical journals? Are references provided? If there are not references, the information may be based on opinion and not fact.

5. **Check it Out:** Discuss Internet nutrition and health advice with a doctor, a registered dietitian, or another health professional to ensure it is accurate and appropriate.
6. **Get a Second Opinion:** Take a look at other Web sites to determine if there is consistency in the messages.
7. **Contact the Site's Content Provider:** There should be an easy way to contact the web site to provide feedback, e.g. by e-mail, snail mail, phone, etc.
8. **If it sounds too good to be true, it probably is.** This is useful advice for evaluating the credibility of the information.
9. **Keep Track of Where You are on the Internet:** Following Internet links can take you all around the world in minutes. You may start out at a reputable source but may end up at a less reliable one.



The 10 Worst Shopping Days

Sometimes even the best supermarket can be a nightmare. Supermarket managers across the country developed this list of the worst days to go grocery shopping. Here are the days when your store may not be as well-stocked and well-staffed as it should be:

#1 Labor Day weekend

#2 Sundays

#3 Saturdays

#4 Memorial Day weekend

#5 Afternoons between 4 p.m. and 7 p.m.

#6 Thanksgiving Eve

#7 The day after a major disaster Such as an earthquake, tornado, hurricane or snow-storm.

#8 Christmas Eve

#9 Fourth of July especially if it falls on a weekend.

#10 The day after Thanksgiving .



Valentine Food For Thought

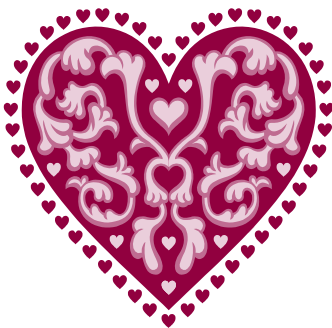
*Cabbage always has a heart;
Green beans always string along.*

*You're such a cute tomato,
Will you peas to me belong?
You've been the apple of my eye.*

*You know how much I care;
So lettuce get together, We'd make a perfect pear.*

*Now, something's sure to turnip
to prove you can't be beet;
So if you carrot all for me let's let our tulips meet.
Don't squash my hopes and dreams now,
Bee my honey, dear;
Or tears will fill potato's eyes,
While sweet corn lends an ear.*

*I'll cauliflower shop and say,
Your dreams are parsley mine.
I'll work and share my celery,
So Be My Valentine.*



Valentine Symbols

It's not difficult to figure out the connection between the **heart** and Valentine's Day. The heart, after all, was thought in ancient times to be the source of all emotions. It later came to be associated only with the emotion of love. (Today, we know that the heart is, basically, the pump that keeps blood flowing through our bodies.)

It's not clear when the valentine heart shape became the symbol for the heart. Some scholars speculate that the heart symbol as we use it to signify romance or love came from early attempts by people to draw an organ they'd never seen. Anyway, here are some of the other valentine symbols and their origins:

- **Red roses** were said to be the favorite flower of Venus, the Roman goddess of love. Also, red is a color that signifies strong feelings.
- **Lace** has long been used to make women's handkerchiefs. Hundreds of years ago, if a woman dropped her handkerchief, a man might pick it up for her. Sometimes, if she had her eye on the right man, a woman might intentionally drop her handkerchief to encourage him. So, people began to think of romance when they thought of lace.
- **Love knots** have series of winding and interlacing loops with no beginning and no end. A symbol of

everlasting love, love knots were made from ribbon or drawn on paper.

- **Lovebirds**, colorful birds found in Africa, are so named because they sit closely together in pairs -- like sweethearts do. Doves are symbols of loyalty and love, because they mate for life and share the care of their babies.

How about the "X" sign representing a kiss? This tradition started with the Medieval practice of allowing those who could not write to sign documents with an "X". This was done before witnesses, and the signer placed a kiss upon the "X" to show sincerity. This is how the kiss came to be synonymous with the letter "X", and how the "X" came to be commonly used at the end of letters as kiss symbols. (Some believed "X" was chosen as a variation on the cross symbol, while others believe it might have been a pledge in the name of Christ, since the "X" -- or Chi symbol -- is the second letter of the Greek alphabet and has been used in church history to represent Christ.)

It became easier to mail valentines in the mid 1800s, when the modern postal service implemented the penny post. Until then, postage was so pricey that most cards were delivered by hand. (Today, you can send your valentine to Loveland, Colorado, to be postmarked from the romantically-named town.)

Esther Howland struck gold with the first commercial American valentines. Today, there are nearly 2,000 greeting card publishers in the United States.

RECIPES

Red Hot Valentine's Day Salad

6 oz Cherry Jello (2 pkgs)
 4 oz Red Hots candy
 3 cups boiling water
 20 oz Pineapple, crushed, undrained
 2 cups Applesauce

Directions:

Dissolve Jell-O and cinnamon red hots in boiling water; set aside and let cool till room temperature. When Jell-O is cooled, add pineapple and applesauce. Pour into oiled 8-cup mold.

Chill before serving.

Black Bean Enchiladas

1 large onion, chopped
 1 medium green bell pepper, chopped
 2 tablespoons chicken broth
 2 (15 ounce) cans black beans, rinsed and drained, divided
 1 1/2 cups picante sauce, divided
 12 (6 inch) flour tortillas
 2 medium tomatoes, chopped
 1/2 cup shredded, reduced-fat Cheddar cheese
 1/2 cup shredded part-skim mozzarella cheese
 3 cups shredded lettuce
 6 tablespoons fat free sour cream

Directions:

1. In a nonstick skillet, cook and stir onion and green pepper in broth for 2-3 minutes or until tender. Mash one can of black beans. Add to the skillet with 3/4 cup of picante sauce and remaining beans; heat through.
2. Spoon 1/4 cup mixture down the center of each tortilla. Roll up and place, seam side down, in a 13 inch x 9 inch x 2 inch baking dish coated with nonstick cooking spray. Combine tomatoes and remaining picante sauce; spoon over enchiladas.

3. Cover and bake at 350 degrees for 15 minutes. Uncover; sprinkle with cheeses. Bake 5 minutes longer. To serve, place 1/2 cup lettuce on each plate and top with two enchiladas. Garnish each serving with 1 tablespoon sour cream.

Nutritional Analysis: One serving (2 enchiladas) equals 404 calories, 9 g fat (1 g saturated), 7 mg cholesterol, 1,477 mg sodium, 60 g carbohydrate, 9 g fiber, 21 g protein. Diabetic Exchanges: 3 lean meat, 2-1/2 starch, 1 fat.

Canadian Bacon Potato Soup

2 medium onions, chopped
 4 medium potatoes, peeled and quartered
 2 cups chicken broth
 1 (12 fluid ounce) can fat-free evaporated milk
 5 slices (3 ounces) Canadian bacon, chopped
 1 packet butter-flavored granules
 1/4 teaspoon salt
 1/8 teaspoon pepper
 7 tablespoons fat-free sour cream
 1/3 cup minced chives

Directions:

1 In a large saucepan or Dutch oven coated with nonstick cooking spray, sauté onions until tender. Add potatoes and broth; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until potatoes are very tender. Set aside 1 cup potato mixture.

2 Puree remaining mixture in batches in a blender or food processor; return to the pan. Stir in the milk, Canadian bacon, butter-flavored granules, salt, pepper and reserved potato mixture. Heat through (do not boil). Garnish each serving with 1 tablespoon sour cream; sprinkle with chives.

Nutritional Analysis: One serving (1 cup) equals 156 calories, 2 g fat (trace saturated fat), 9 mg cholesterol, 609 mg sodium, 28 g carbohydrate, 3 g fiber, 11 g protein. Diabetic Exchanges: 1 starch, 1 lean meat, 1 vegetable.



Gardener's Corner

February is sometimes called the "Blah" month by gardeners. Warm days tease us to go ahead and get started with spring jobs, but intermittent cold weather periods continue to postpone many activities.

There is much to do in the garden and landscape, even during this month. Following are some suggestions.

February Tips

■ Finish pruning deciduous shrubs and fruit trees including peach, plum, fig, hibiscus, crape myrtle and rose.

■ In the vegetable garden plant seeds of beets, carrots, celery, kohlrabi, leek, mustard, parsley, English pea, radish and turnip.

Establish plants of broccoli, cabbage, cauliflower, Chinese cabbage, collard, kale, endive, escarole, lettuce, bunching and multiplying onions. Plant Irish potato seed pieces.

■ Remove debris from last season's vegetable garden and flower beds and prepare for spring planting. Incorporate organic materials such as peat, manure or compost by thoroughly spading or tilling.

■ There are a few species of flowering annuals that can be transplanted this month if bedding plants are available. These include Baby's Breath, calendula, Dianthus, China Doll Carnation, dusty miller, Marguerite Daisy, petunia and Static.

It's time to service power gardening equipment (mowers, tillers and trimmers) and get ready for spring. Consult the owner's manual for recommended procedures.

■ Place orders for unusual or hard to obtain flower and vegetable seeds early.

■ Apply a spray containing horticultural oil emulsion for controlling scale on shrubs. Those species most likely to be infested include Camellia, holly, Pittosporum and Euonymus.

It's 'Tater Planting Time

Many local vegetable gardeners enjoy growing Irish potatoes. There are several reasons why this crop is so popular.

They are planted early in the year, ahead of the spring warm season vegetables. Mid February is the standard planting time in Northwest Florida, though they can be started anytime from January through March.

Most gardeners produce a good crop without the need for pesticide application. It is not unusual to produce 150 pounds of potatoes on just 100 feet of row in the garden.

'Tater Tips and Trivia'

● The part of the Irish potato that we eat is not a root, but a tuber (a modified underground stem). The "eyes" are growth buds.

Buy certified seed potatoes for planting. Do not use grocery store potatoes for seed. Some might have been treated with a sprout inhibitor, and are possibly not a variety recommended for this area.

● Recommended varieties include Sebago, Red Pontiac, Atlantic, Red Lasoda, La-Rouge and Superior.

● Cut potatoes into two ounce seed pieces that contain several "eyes." Pieces the size of a small to medium egg are about right. It takes 15 pounds of seed potatoes to plant 100 feet of row.

● Space rows about three feet apart and plant the seed pieces 3 to 4 inches deep and 8 to 12 inches apart.

● Fertilize with a standard balanced garden fertilizer prior to planting and side-dress 4 to 6 weeks after planting with a 15-0-15 or similar fertilizer at one half to one pound per 100 feet of row.

● Remove the top portion of the plants two weeks before digging the potatoes. This will help to cure and toughen the skins.

Note: Avoid the overuse of lime where Irish potatoes are to be grown. If the soil is too alkaline (high pH) potatoes tend to be more susceptible to scab disease on the tubers.

Recommended Publications

Information from the University of Florida is constantly being developed, while old publications are revised. Following are two new publications that are just off of the press. *Building a Floating Hydroponic Garden* – Pub. No. HS 184
<http://edis.ifas.ufl.edu/HS184>

Ornamental Teaching Gardens – Design, Development and Use
Pub. No. FE 469
<http://edis.ifas.ufl.edu/FE469>
<http://edis.ifas.ufl.edu/FE469>

You can go to the Web site listed above for viewing/printing, or contact your Florida Extension office for a copy.

Dan Mullins



FCE News



Cooking Healthy with Diabetes
February 10, 17 and 24, 2004
9:30-12:00 noon
Santa Rosa Co. Extension Office

The program will include food demonstrations and speakers presenting the latest information about diabetes with topics such as diabetes basics, carbohydrate counting, food shopping and using sugar substitutes. Class participants will receive a recipe book, watch cooking demonstrations, and taste foods made with less fat, sugar and salt.

Dorothy Lee and Linda Bowman, family and consumer science agents with UF/IFAS Extension, are coordinating and teaching the program.

The cost of the program, which includes food and educational materials, is \$15 per person or \$20.00 per married couple. Checks should be made payable to the Santa Rosa Extension Advisory Fund. Register by contacting Santa Rosa County Extension at 623-3868.

Class size will be limited to the first 60 registrants. Registration deadline is February .6.

Council Meeting/Leader Training
February 5, 2004
9:30 A M—Extension Office

The topic for training this month is "Peanuts in Santa Rosa County" by Bobby Boutwell. The hostess club is Skyliner's.

Camp Planning Meeting

Camp planning meeting was held at district meeting. We are the host county this year. Following are the highlights of the meeting:

Dates: May 11-13

Theme: Take Another Look at FCE Camp

Cost: Full-time- \$67.00
 Day Camper- \$25.00

Major Classes: Homespun angel; Scrapbooking; Fabric covered photo box; Memory bracelet; Quilted placemat storage holders and Star ornament.

